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## CREATIVE WORKOUTS You Can Do Outside This Summer

**As the summer sun begins to beat down**, your excuses to avoid working out go up in smoke. Here are some ways to mix it up and get outdoors.

**Take advantage of hills.** Instead of ramping up your treadmill, find a hill around your home. Ideally, you want the incline to be between a 6- and 8-percent grade. After completing a thorough warmup, do a series of all-out sprints up the length of the hill, recovering on your walk back down.

**Try the park bench press.** Next time your daily jog leads you into the local park, find a sturdy park bench. The elevated nature of the bench makes it perfect for all sorts of body-weight exercises. The possibilities are endless. Try doing squats, double- and single-leg, using the bench as a support. Then, sit on the bench with your

hands on either side of your hips. Slide your rear off the bench, supporting yourself with your hands, and do 12 to 15 dips, bending your elbows up and down. To get your cardio in, do a series of step-ups to the bench, followed by box jumps. Finally, you can continue your jog as a cool-down.

**In the sun, all yoga becomes hot yoga.** Yoga is already excellent for increasing flexibility and strength, but add in the heat of the summer sun, and it becomes even more effective. Set up your yoga mat anywhere the sun beats down and start your favorite yoga routine. Switch positions slightly faster than you would in a normal session. This will add a cardio-boosting element to your yoga practice and will increase blood flow, compounding the positive effects of every stretch.

## SUMMER IN PUERTO RICO?

### Not Always a Day at the Beach



#### Do you remember your summer jobs from high school and college?

I had several different jobs during that time in my life, but I vividly remember the summer before I graduated college that I spent in Puerto Rico. That summer, I worked for a few months as an intern at a law firm. While being in Puerto Rico would have been interesting by itself, the work I was doing was what made the summer truly unforgettable. The attorney I was working for was helping the government of Puerto Rico sue the United States Navy due to the way the Navy had used the island of Vieques and the water surrounding it. At the center of the issue were unexploded ordnances that were scattered throughout the island and the surrounding waters. This was the result of years of U.S. naval war games and training in the area.

The issue at hand came to a head when a security guard was killed by a hidden, unexploded piece of ordnance that detonated while he walked along the beach. This incident exposed the real risk, which is that unexploded ordnances don't stay unexploded. They go off unpredictably, with predictably tragic results. As you can imagine, this had a profoundly negative effect on the residents of Vieques. In addition, those residents were also suffering from higher cancer rates, and the local economy was severely hurt by the limitations placed on

fishing. It was common for a fisherman to take their boat out, only to be met with an armed warship turning them around due to ongoing training — or the unsafe situation with unexploded ordnances in the waters nearby. On those days, it was hard for the fishermen to make a living.

We worked tirelessly all summer, interviewing locals and taking victim impact statements from people affected by the Navy's actions which were to be used later in court. I also reviewed and organized documents to help prepare the testimony of the Attorney General of Puerto Rico to the President of the United States' task force on this matter, as well as served as a translator. Although the attorney I was working for spoke Spanish, it was sometimes necessary for a native speaker to step in and make sure everybody understood each other. I was happy to help.

I really enjoyed that summer. Although the case on which I was working seemed like an uphill battle, I knew that the clients I was serving deserved justice from the legal system. I also knew that I was getting fantastic experience that would prove useful later on in my legal career, and it has.

I hope your July is off to a great start, and I hope to see you soon!

- Melina Pérez Halpern

# GET UP OFFA THAT THING!

If You Want to Live More, Sit Less



## “Sitting is more dangerous than smoking, kills more people than HIV, and is more treacherous than parachuting. We are sitting ourselves to death.”

Those are the words of Dr. James Levine, who made headlines back in 2014 when he released the results of years of research into what’s really killing Americans. Just as cigarette use was killing Americans in droves before anti-smoking campaigns, the prevalence of desk jobs is a huge health risk today. Humans, it turns out, are meant to be on their feet and on the go, just like our

ancestors were. “We have created for ourselves a modern way of living that clashes with the way we’re meant to be,” Levine says.

We’ve seen that sitting can also lead to other health issues, like carpal tunnel syndrome, pinched nerves, and strained eyes and muscles. And if you’re not in good shape (because you sit all day at work), you’re more likely to get injured doing other activities in your life.

Levine says that, ideally, you should spend four hours a day on your feet. Of course,

that may not be an option for many of you, especially if you work a desk job. We recommend getting up at least once an hour and walking around for a few minutes. Even a trip to the water cooler is better than nothing!

But the real way to combat a sedentary job is to live an active life after work hours. Resist the urge to plop down in front of the TV, instead consider taking a long walk after work and spending some time cooking in the kitchen — on your feet, of course.

## DESTINATION: HAPPY PEOPLE VISIT THE HAPPIEST PLACES IN THE WORLD + IS CONTAGIOUS

Visit a hustling, bustling tourist trap and what do you get? Crowds of competitive travelers and a local population that is sick to death of them. Visit a place with happy people, and you get good service and friendly faces, and you’ll learn firsthand what Harvard researchers affirmed in a 2012 study: Happiness is contagious.

Luckily for the average traveler, the places that topped a nationwide Gallup poll and the United Nations’ annual World Happiness Report have plenty to offer in addition to cheerful locals.

### The Happiest States in the U.S.

If we were to tell you that Hawaii is the happiest state in the country, you probably wouldn’t be surprised. And sure enough, Hawaii ranked first in overall happiness for the sixth consecutive year. The sunny

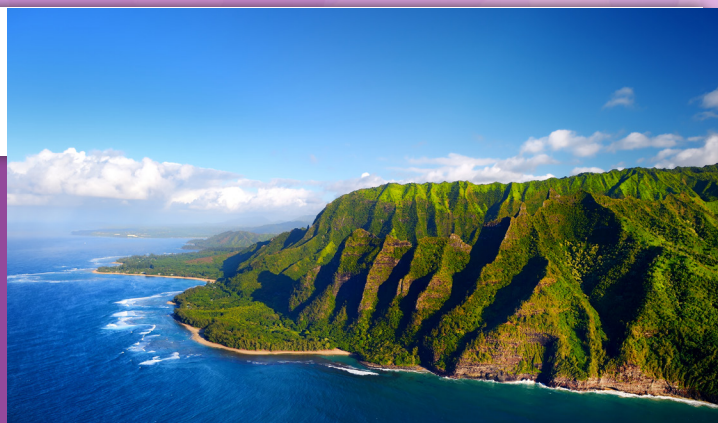
beaches, rich culture, and perfect weather give tourists a taste of paradise that the natives enjoy all year long.

Next in line is a state that has little in common with the Aloha State.

Alaska came in second place for the third consecutive year. With eight national parks, including Denali, Glacier Bay, and Gates of the Arctic, Alaska’s 663,000 square miles are filled to the brim with the wonders of nature.

### The Happiest Country in the World

Denmark has long been the standard-bearer in this category. This year, it relinquished the title to its Scandinavian sister. Norway is home to some of the most breathtaking vistas on earth, most notably its western fjords like the



world-famous Geirangerfjord and Nærøfjord. For the city wanderer, you’ll find choice seaside restaurants and walkable streets in towns like Bergen, the country’s second-largest city, which sports rainbow architecture and a 15th-century waterfront.

Knowing the heart of a destination begins and ends with its people. Tack on beautiful scenery and daydream-worthy activities, and you just found yourself the perfect vacation.

# PUT DOWN THE SCISSORS AND STEP AWAY FROM THE NEWSPAPER

We Do the Math on Coupon Clipping

If it wasn’t for coupons, you wouldn’t be able to afford everything you need, right? Well, there are two ways to think about couponing. Coupons can be a way to put food on the table that you otherwise couldn’t afford. But they can also trick money-conscious consumers into buying stuff they normally wouldn’t. To find out which option describes your situation, answer two questions:

The first question is, “Do I need — and will I use — everything that I buy with coupons?” Coupons affect you psychologically; the same part of your brain that governs basic instincts (like hunger and pleasure) also loves a good deal. This desire for a deal may cause you to spend money on things that you normally buy, because you have a coupon for them. Instead of buying items you don’t regularly

use, stick to the staples — like rice, beans, oats, and salt — staple food items that you’ll



use eventually and won’t go bad. If you’ve wanted something for a long time and it goes

on sale, it makes sense to buy. But don’t let the coupon section dictate your desires!

The second question is, “How much is my time worth, and how much time do I spend looking for and clipping coupons?” If you’re saving \$25 on items you actually need, but it takes 4 hours to achieve those savings, you may be losing money. Those 4 hours could be better spent with family, picking up a half-shift at work, or finding innovative ways to make money.

We won’t deny that there are great deals that are now more available than ever thanks to apps like Groupon. But remember, coupons come from businesses trying to trick your brain into buying more. Use them wisely, and don’t let them rule you.



## ONE-PAN MEXICAN QUINOA

### Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned, or roasted
- 1 teaspoon chili powder
- ½ teaspoon cumin
- Salt and pepper to taste
- 1 avocado, halved, seeded, peeled, and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

### Directions

1. Heat olive oil in a large skillet over medium-high heat. Add garlic and jalapeno and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice, and cilantro.
3. Serve immediately.

Recipe adapted from DamnDelicious.net.

## PUZZLE YOUR BRAIN BREAK CORNER

### Sudoku Rules:

- Use numbers 1-9 only.
- The full grid is 9x9 cells.
- The full grid is broken into 9 regions, 3x3 cells each.
- Each region can contain only one of each number 1-9.
- Each cell can contain only one number.
- Each row and column should contain only one of each number, 1-9.

			7	2				
	5							4
4				1				
5	2		6				4	
	4		9					8
8	3							1
2	6		5			9		
9			2	8		1	5	
3								6

